

Bright Breakfasts

Honey Maple Nuts

3 cups whole-wheat flour
 ½ cup dry milk powder
 ½ cup brown sugar
 ½ teaspoon salt
 2 teaspoons maple flavoring
 ¼ cup melted honey
 6 tablespoons water

Mix dry ingredients. Using electric mixer or eggbeater, add maple flavoring, honey, and only enough water to moisten. Mixture should be very fine, just like commercial Grape Nuts. Spread on 2 or 3 baking sheets and bake 325 degrees for 10 minutes. Stir to break up granules and bake 5-10 minutes longer, until golden brown. Cool and store in airtight container. Serve with milk. Makes 2 quarts

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Oatmeal-Nut Waffles or Pancakes

1 ½ cups whole-wheat flour
 2 teaspoons baking powder
 ½ teaspoon salt
 2 cups low fat milk
 2 eggs
 ¼ cup canola oil
 2 tablespoons honey
 1 cup oats, uncooked
 1 cup pecans, finely chopped (optional)

Combine 1st three ingredients in medium mixing bowl and mix well. Add in milk, eggs, oil and honey and mix until smooth. Stir in oats and pecans. Bake waffles in preheated, lightly oiled waffle iron about 5 minutes or pancakes on lightly oiled griddle. Yield: about 6 four inch waffles or 8-10 pancakes



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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